1) Warm-up- Write non-stop for at least 5 minutes without worrying about what comes to mind.

2) Choose the theme, word, idea, character, or question that most intrigues you from what you wrote.

3) Turn the intriguing idea into a sentence in the form “(Character) wants (Goal) because (Motivation), but (Conflict).” Example: "A sneaky mouse wants to learn magic because it will let him become king of the mice, but the magic books are hidden away."

4) Ask “What if…?” questions to improve your one-sentence story idea. Your mission is to create a main character you love, a very important goal with an admirable motivation, and a conflict that will force significant character growth.

5) Continue on to questions like “Who?”, “What?”, “Where?”, “When?”, “Why?”, and “How?” These should lead you to develop a setting, additional characters, and outcomes.